



Annual Report 2022-2023



TRUSTEE'S ANNUAL REPORT
01/04/2021 to 31/03/2022



Charity Name:	REFRESHMENT UK	
Registered Number:	1153542	
Address:	The Refresh Centre 156 Waterloo Road Blackpool FY4 2AF	
Date of Formation:	February 2012	
Date of Registration:	27 th August 2013	
Charitable Objects:	<p>a) TO ADVANCE THE CHRISTIAN RELIGION IN ENGLAND AND WALES, AND OVERSEAS, FOR THE BENEFIT OF THE PUBLIC THROUGH THE HOLDING OF PRAYER MEETINGS, LECTURES, AND EVENTS; AS WELL AS PRODUCING LITERATURE ON CHRISTIANITY TO ENLIGHTEN OTHERS ABOUT THE CHRISTIAN RELIGION;</p> <p>b) THE PREVENTION OR RELIEF OF POVERTY FOR CHILDREN IN INDIA BUT NOT EXCLUSIVELY BY PROVIDING GRANTS, ITEMS AND SERVICES TO INDIVIDUALS AND OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY.</p>	
Trustees:	Mrs L Cooper Mr A Walker Mr A Maxton-Livesey	Mr S Hobin Mr P Warne
Governing Document:	CONSTITUTION ADOPTED 16/04/2013 AS AMENDED ON 21/09/2014	
Activities:	Refreshment UK exists to encourage and equip Christians in the UK, as well as provide mental health support in Blackpool and overseas aid in India. We do this through training courses in Blackpool, local community development, provision of a mental health drop in space, overseas mission trips and Christian discipleship courses, as well as providing mentoring and resources for individuals.	

TRUSTEES REVIEW & REPORT – 2022 to 2023

During the year 2022 to 2023, Refreshment UK consolidated its position as a charity and managed to continue its work to encourage and equip Christians from the Refresh Centre in Blackpool, maintain our presence on the high street at Refresh Deansgate and develop new mission activities out of the area.

Whilst keeping our core aim constant, the way that we deliver our mission has changed as we have used the health condition of our director, Simon Cooper, to incorporate a new focus of running with Jesus. Simon has used his fight with kidney disease to open the door to new missionary activities through running and by the end of this financial year, developed an evangelistic ministry through running.

Over the year, the charity has maintained its board of trustees and council of reference, as well as holding regular prayer meetings. The charity kept financially afloat through various fundraising methods, and coped with the increase with a large-scale national fundraising event, the Great National Marathon.

Refreshment UK kept its membership of the Evangelical Alliance, the Retreat Association and the Fundraising Regulator, and maintained its presence via the website.

The Refresh Centre

We continue to welcome groups and occasional visitors to the Refresh Centre for retreats and training events. Over the last few months, we have been full a few times, with a new partnership with local churches coming into the centre and hosting conferences for other groups from across the UK.

For retreats, the stay at the Refresh Centre is both memorable and life-changing. We have welcomed many people across the summer who have been seeking direction from God, and have heard him speak to them at the centre.

Refresh Deansgate

Our hub on the high street continues to mainly operate as a charity shop, providing a place of help and hope for people in Blackpool. We have daily visitors from 10am to 3pm Monday to Friday, managed and cared for by Julie.

The team changes occasionally with volunteers and recently, craft groups have welcomed new people into the shop, albeit slowly. The winter makes the shop quieter and so, we have to come up with new ideas to keep the team busy, and have recently switched our rag supplier to take an excess of stock. Two of our volunteers have moved into full-time employment, which is a positive.

Mission Activities

By the end of the year, there is a busy programme of mission activities that Refreshment undertake. By the end of the year, we were beginning to explore a new partnership with Blackpool Sports enabling us to hold a track session on Monday evenings and a badminton group on Friday nights.

On a Wednesday evening, Simon has been running Celebrate Recovery with St Mark's Church in Layton, and regularly leads these sessions. We also have continued to pray at Blackpool Tower once a month, and held occasional street outreach across the year.

One of the major developments in 2022 was Refresh Renovate, a project designed to help people get involved in building work. We took on a 4 bedroom house for a full refurb and it ended up being a 4 month project. We also began to do work with our team members on waste removal and were working alongside a local estate agent, clearing up the areas. We also operated a van during the year for Refreshment UK.

Kidney Health & Running with Jesus

Due to a diagnosis in 2021 with CKD, Simon has had to dedicate a good amount of time to managing his condition, but with a new Running with Jesus focus, has turned this into part of the mission work. Using running, Simon was able to keep the shop going over the winter with a significant fundraising event, raise the profile of Refreshment by running at various events, and share the gospel with a range of evangelistic running gear. This continues weekly and inspired others to wear the same clothing, run regularly and share the gospel. At a recent consultation, his kidney function had increased by 9% due to prayer, a strict diet and an intense exercise programme.

Overseas

During the year, the charity continued to provide monthly support for Faith India Ministries, our partner mission organisation based in Andhra Pradesh. The charity collects donations from supporters in the UK and also, processes donations from USA partners of Faith India, sending them across on a monthly basis.

FINANCIAL POLICIES

Refreshment UK operates an unrestricted fund for ongoing charitable activities and holds funding which is specifically for the Refresh Centre and its long-term plans.

A separate fund is held to support the work that we do in India and two further separate funds have been opened for restricted Refresh Centre funding.

FOR AND ON BEHALF OF THE TRUSTEES OF REFRESHMENT UK

REFRESHMENT UK
Balance Sheet – As at 31st March 2023

	2023 (£)	2022 (£)
Fixed Assets		
Tangible Assets	62550	105716
Current Assets		
Stock	3535	5750
Other Assets	2000	2000
Cash	1154	552
Unrestricted	1029	552
Restricted	125	-
Debtors	3306	-
Liabilities		
Creditors	1242	851
Long Term Liabilities & Accruals	38207	79144
TOTAL ASSETS LESS LIABILITIES	33096	34223
Represented By		
Carried Forward Balance	34223	33058
Surplus/Deficit for Year	(1127)	1165
TOTAL FUNDS	33096	34223

REFRESHMENT UK
Income and Expenditure Account – Financial Year 2022/2023

	2022/23 (£)	2021/22 (£)
Incoming Resources		
Charitable Activities	40161	31252
Fundraising	35923	28892
Unrestricted Funding	65970	17454
Trading Income	13063	12475
Refreshers Fund	13383	32268
Overseas Giving	8039	8423
Resources	338	17
Miscellaneous	2	9305
TOTAL INCOME	176879	140086
Charitable Activities		
The Refresh Centre	30918	32911
Refresh Deansgate	23577	25887
Charitable Activities	41199	34261
Overseas Giving	8036	8423
Resources	754	1048
Miscellaneous Direct Expenses	2198	3588
Director Remuneration	11579	-
	118261	106118
Cost of Fundraising	6838	702
Operating Expenses		
Travel Costs	4103	2364
Office Costs	2076	1542
Professional Fees	1356	908
Miscellaneous	1653	2211
	9188	7025
Depreciation & Write Off	43719	25076
TOTAL EXPENDITURE	178006	138921
Income over Expenditure	(1127)	1165
Brought Forward	34223	33058
TOTAL INCOME OVER EXPENDITURE	33096	34223

Notes on Accounts:

1. Our liabilities were significantly reduced thanks to the conclusion of a HMRC review that was finalised in May 2023, and reflected in these accounts. This is shown in a large increase in the amount of depreciation and written off.
2. The amount in unrestricted funding reflects income that has been received through the work done by Refresh Renovate.
3. Our overseas giving includes income from the USA at £5660.
4. Our overseas expenditure represents the amount sent to FIM in India for £7886.
5. We organised a large event – The Great National Marathon – in February 2023 and this led to a significant increase in the cost of fundraising across the year. We were also able to use the van for collections for Refresh Deansgate, and the cost of running the van was included in our fundraising costs.

Independent Examiner's Report on the accounts of Refreshment UK - 1153542
Report to the Trustees of Refreshment UK for the accounts - year ending 31st March 2023

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act;
- To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5) (b) of the Charities Acts, and;
- To state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has now come to my attention:

- 1) Which gives me reasonable cause to believe that in, any material respect, the requirements:
 - To keep accounting records in accordance with section 130 of the Charities Act; and
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act;
- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: c/o SN ACCOUNTING

Date: 24th January 2024